



## **Can Do MS Podcast Transcript Mindful Moments: Week 7 Episode 48**

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Megan Weigel: This is the Can Do MS Podcast Mindful Moments. Welcome to a new week. I'm Megan Weigel, nurse practitioner and MS Certified nurse. I will be your guide on this journey as I introduce you to the new mantra for the week. Allowing you to free your mind even for a moment.

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Let's jump right into week 7. The Mantra is, "Worry does not serve me." How does it feel in your body when you hear that? Worry does not serve me. You might think, "Well, but yes, it does. It keeps me motivated." Or "Yes, it does, it keeps me on task." Or "What would I do if I weren't worrying?"

Well, folks, it's actually Valentine's Day. So let's talk about all the love you could be given out if you weren't worrying. Settle back into your chair, close your eyes, if that's comfortable for you, and let your entire body relax.

Worry does not serve you. Are you worried about an appointment? Are you worried about a new symptom? [(2:00)] Are you worried about a medicine choice or about disease progression? Are you worried about Valentine's Day? What is actually present tangible that you could be worrying about?

Take a deep breath in and let out the worry. Worry does not serve me.

Take a body scan and see where worry hides in your body. See where it shows up. Breathe into that place in your body. And as you exhale, push the worry away. When you push worry away, you make room for things like hope, love, grace. Worry does not serve you.

In the next few minutes, in your mind's eye, set a goal to remove worry for things that are present, literally, in your current space. And another to let go of things that aren't, things in the future that you can't control. [(4:00)] When you do this, remember to breathe in and out, slowly and deeply. When you breathe out, you push that worry away.

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If your mind has wandered away from worry, good. That's exactly what we want to turn our attention away from. Worry does not serve you. [pause] Continue to breathe [(6:00)] in and out more deeply and slowly than usual. On the exhales, you're pushing worry away.

[music]

Make room for happiness, for joy, for hope, for Love on this Valentine's Day. Worry does not serve me. Breathe in a final time... and breathe out. [pause] You can gently open your eyes and come back to a more alert posture.

[music]

Thank you for being here with us to practice mindfulness this week. I hope that the mantra "Worry does not serve me" gives you encouragement for the week ahead.

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[(8:00)] Thanks for listening to this episode of Mindful Moments Podcast series. We hope that you take the time to join us weekly for a new mantra to help focus your mind and enrich your spirit. Subscribe to the Can Do MS Podcast available on any of your favorite streaming services, or [@cando-ms.org/moments](https://cando-ms.org/moments). [music]

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